

Breakfast Meal Pattern SY 2013-2014

	Grades K-5 ^a	Grades 6-8 ^a	Overlapping Grades K-8	Grades 9-12 ^a	Overlapping Grades K-12
Fruits or Vegetables (cups) ^c	1/2 cup daily required for all grade levels				
Grains (oz eq) ^{i,j}	7-10 oz week 1 oz daily	8-10 oz week 1 oz daily	8-10 oz week 1 oz daily	9-10 oz week 1 oz daily	9-10 oz week 1 oz daily
Meats/Meat Alternates (oz eq)	0 oz eq required daily Note: There is no separate meat/meat alternate component in the SBP for SY 2013-2014. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily 1 oz grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit towards any component.				
Fluid milk (cups) ^l	1 cup daily required for all grade levels				
Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	<10	< 10	< 10
<u>Trans</u> fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.				
Sodium	No specifications have been set for SY 2013-14. Schools are encouraged to be working on lowering sodium content of meals as they transition to the sodium specification for SY 2014-15.				

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14).

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. All juice must be 100% full-strength.

ⁱAt least half of the grains offered must be whole grain in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).